Poach & Boil

Instruction Booklet

EC1300

Please read these instructions carefully
and retain for future reference.

Contents

Sunbeam's safety precautions	**3**
Features of your Sunbeam Poach & Boil	**4**
Boiling eggs	**6**
Poaching eggs & savoury omelettes	**7**
Using the steaming rack	**8**
Care and cleaning	**8**
Egg tips	**9**
Recipes	**10**

Important instructions – retain for future use.

تأكد من تفهّم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich daß die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید که احتیاط‌های بالا حتماً درك بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Sunbeam's safety precautions

SAFETY PRECAUTIONS FOR YOUR SUNBEAM EGG COOKER.

- Ensure the steam vent faces away from you at all times.
- Avoid injuries from the egg piercer.
- Use your egg cooker on a flat, level surface.
- To prevent damage to the appliance, do not use concentrated cleaning agents when cleaning, use a soft cloth and mild detergent.

Sunbeam are very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug – do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- This appliance is not intended for use by young children or infirm persons unless they have been adequately supervised by a responsible adult to ensure that they can use the appliance safely.
- Young children should be supervised to ensure that they do not play with the appliance.
- Never leave an appliance unattended while in use.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven. Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.

If you have any concerns regarding the performance and use of your appliance, please visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line. Ensure the above safety precautions are understood.

Features of your Sunbeam Poach & Boil

Cover
Fits neatly over eggs during cooking.

Egg rack
Boil 1 to 6 eggs at one time, to your desired firmness.

Non-stick heating vessel
Provides an easy to clean surface.

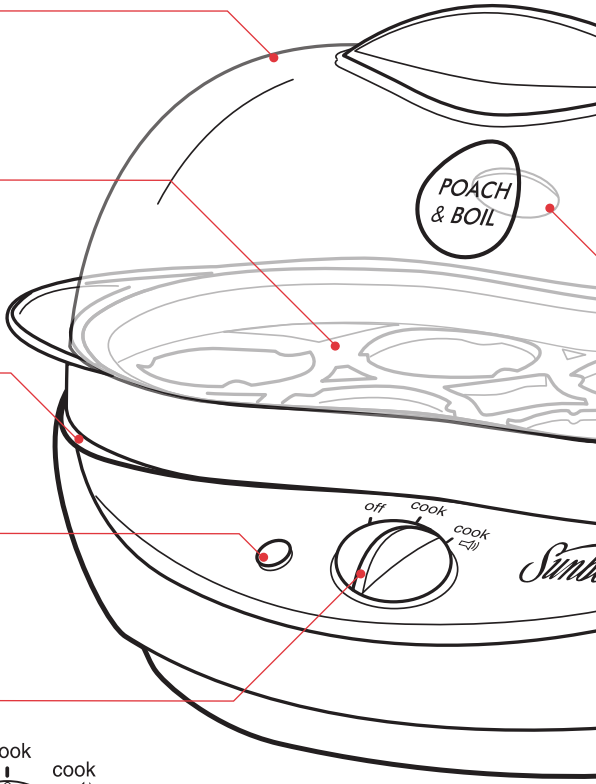
On light
Indicates the unit is operating.

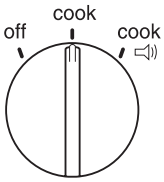
Operating dial
The settings are: **off**

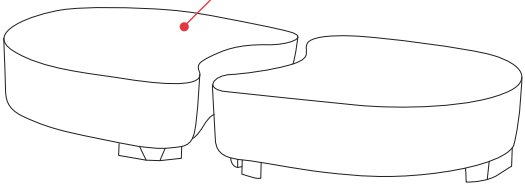
cook – cooks without ready buzzer sounding.

cook – cooks with ready buzzer sounding

Ready buzzer – Buzzer sounds to indicate eggs are ready.

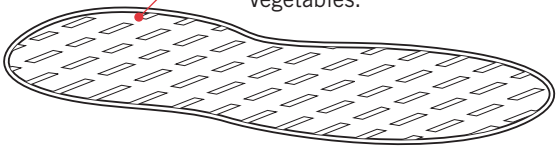






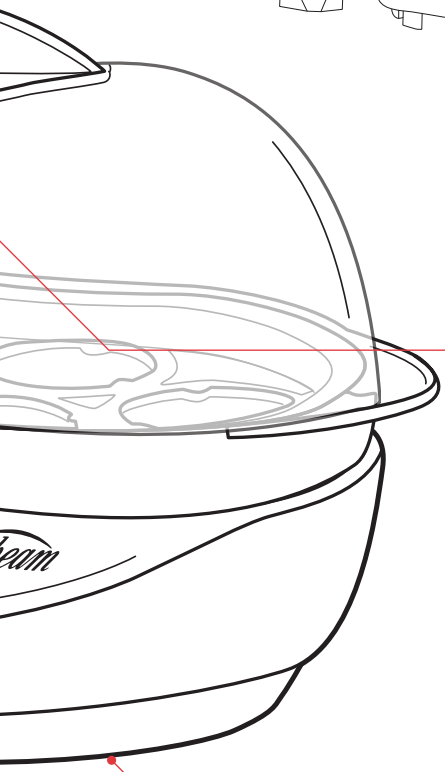
Poaching trays

Poach 1 or 2 eggs at a time. Also ideal for cooking plain or savoury omelettes.



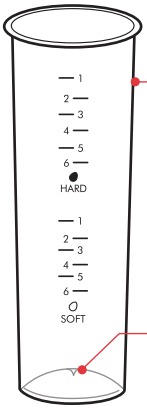
Steaming rack

Ideal for steaming a variety of vegetables.



Steam vent

Allows steam to escape during the cooking process.



Measuring cup

Accurate amounts of water can be measured to boil or poach eggs to desired firmness.

Egg piercer (underneath)

Piercing eggs prevents them cracking during cooking.

Cord storage

Stores cord neatly and conveniently.

Boiling eggs

Before the first use

Wipe over the heating vessel with a damp cloth. Wash the plastic parts in warm soapy water, rinse and dry.

Boiling eggs

Up to 6 eggs can be cooked at one time.

1. Using the measuring cup, measure the amount of water required and pour into the heating vessel. Use cold tap water.

   Eg. For 2 soft eggs, refer to the section marked ○ SOFT on the measuring cup and fill the cup to the line marked 2. For 3 hard boiled eggs, refer to the section marked ● HARD on the measuring cup and fill to the line marked 3. See figure 1.

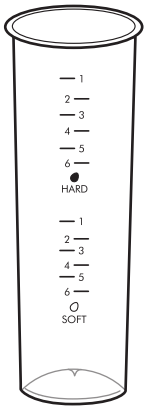


Figure 1

2. Eggs have an air pocket in the large end of the shell and they can crack during cooking as the air expands from the heat. Thus piercing eggs prevents them from cracking during cooking.

   Pierce the large end of the egg using the egg piercer which is on the underside of the measuring cup. To do this, simply place the large end of the egg against the egg piercer and press the piercer into the egg.

Important: Avoid injuries from the egg piercer.

3. Position the egg rack over the heating vessel and place the eggs in the egg rack with the large ends facing down.

4. Place the cover over the eggs.

Important: Ensure the steam vent faces away from you.

5. Insert the 3 pin plug into a 230–240 volt AC power outlet and turn the power on.

6. To commence cooking, turn the dial to 'cook', or to 'cook 🔊' if you wish the buzzer to sound when cooking has completed.

Approximately cooking times are as follows:

Soft	7 minutes
Medium	10 minutes
Hard	12 minutes

These cooking times are a guideline only. Times will vary depending on the number of eggs cooked, the size and the temperature of eggs being used.

The measures on the measuring cup are based on eggs used at room temperature. Standard (59g) eggs have been used.

Note: You may need to add more water for refrigerated or larger eggs.

Also eggs will be firmer if more water is used and softer if less is used. You will quickly learn to adjust the water level to boil eggs just the way you want.

Poaching eggs & savoury omelettes

Poaching eggs & savoury omelettes

One or two eggs or omelettes may be cooked at one time.

1. Using the measuring cup, measure the amount of water required and pour into the heating vessel. Use cold tap water.

   Eg. If poaching eggs, fill to the line on the measuring cup marked POACH & STEAM .

   If making savoury omelettes, fill to the line on the measuring cup marked OMELETTE .
2. Position the egg rack over the heating vessel.
3. Grease the poaching trays well with butter, margarine, vegetable oil or oil spray.
4. Break an egg into each tray, or if cooking omelettes, pour omelette mixture into trays and place trays onto the egg rack. Place cover on.

Important: Ensure the steam vent faces away from you.

5. Insert the 3 pin plug into a 230–240 volt AC power outlet and turn the power on.
6. To commence cooking turn the dial to 'cook', or to 'cook 🔊' if you wish the buzzer to sound when cooking has completed.

Approximately cooking times are as follows:

Poached Eggs 1 or 2	4 minutes
Omelette	10 minutes

The volume of water needed for poaching eggs or cooking omelettes is marked on the measuring cup.

Poached eggs and omelettes will be firmer if more water is used and softer if less is used. You will quickly learn to adjust the water level to poach eggs or have your omelettes exactly the way you like them.

The table below shows the measures from the measuring cup. Use these measures if you misplace your measuring cup. This table also appears on the underside of your egg cooker.

Note: Less water is required if more eggs or larger eggs are being used.

NO. OF BOILED EGGS	WATER QUANTITIES		
	SOFT	MED.	HARD
1 egg	53ml	83ml	110ml
2 eggs	47ml	78ml	100ml
3 eggs	43ml	72ml	93ml
4 eggs	39ml	66ml	87ml
5 eggs	34ml	57ml	80ml
6 eggs	30ml	51ml	75ml
POACHED, OMELETTE or STEAMING			
1 or 2 poached eggs or steaming	35ml		
1 or 2 savoury omelettes	63ml		

Using the steaming rack

The steaming rack can be used for steaming vegetables such as asparagus, corn and carrots or used to steam Asian dumplings and gow gees.

1. Using the measuring cup, measure the amount of water required and pour into the heating vessel. Use cold tap water.
2. Position the egg rack over the heating vessel.
3. Place the steam rack onto the egg rack.
4. Place the desired foods onto the steam rack. Place cover on.

Important: Ensure the steam vent faces away from you.

5. Insert the 3 pin plug into a 230-240 volt AC power outlet and turn the power on.
6. To commence turn the dial to 'cook' or to 'cook 🔊' if you wish the buzzer to sound when cooking has completed.

Suggested foods and preparation

For steamed asparagus, a maximum of one bunch is recommended. Trim ends to fit. Use POACH & STEAM setting as a guide – depending on the thickness of the asparagus; more or less water should be used.

For steaming Asian dumplings and gow gees, fill steaming tray but do not stack. Use the POACH & STEAM setting – depending on the thickness of the food; more or less water should be used.

For steamed corn cut into cobbettes. Use the POACH & STEAM setting as a guide.

For other vegetables, cut into even size chunks, the harder the vegetable the smaller the pieces should be. Use the POACH & STEAM setting as a guide.

Note: If the appliance completes the cooking cycle but the food is not cooked to taste, simply add a little more cold water and restart the cooking process.

Care and cleaning

After each use

Turn the power off and unplug from the power outlet.

To clean the plastic parts

Wash the cover, egg rack, poaching trays and steaming rack in warm soapy water, rinse and dry thoroughly.

Note: Do not clean any parts in a dishwasher as the high temperatures reached may distort the plastic.

To clean the heating vessel

Wipe over with a damp cloth. Do not use harsh abrasives as these will scratch the non-stick surface.

After cleaning the heating vessel, rub a small amount of vegetable or cooking oil into the non-stick surface. This allows easier removal of mineral deposits that exist normally in water.

Important: Do not immerse the unit in water or any other liquid.

Care is required when handling the egg piercer on the measuring cup.

Egg tips

Eggs are nature's contribution to 'fast food'. Conveniently packaged, simple to use and inexpensive.

They are an extremely nutrient-dense food, providing vitamins, minerals, protein and fats, with the standard size egg containing only 300KJ.

A nutritious, balanced meal can be made in under 10 minutes by serving a boiled or poached egg with toast and orange juice.

Dressed up or served plainly, an egg always tastes and looks great.

- When purchasing, avoid cracked or broken eggs and check the 'best by' date on the carton.
- Store eggs in the refrigerator with the pointed side down in their carton. This reduces the risk of damage, slows down moisture loss and prevents eggs from absorbing odours from strong smelling foods.
- If a recipe specifies using eggs at room temperature, simply remove them from the refrigerator 30 minutes before using.
- To test for freshness, place an egg in a bowl of cool water. If it sinks, it is fresh – if it floats, throw it out.
- Piercing the large end of the egg with the egg piercer on the underside of the measuring cup prevents it from cracking during cooking, with the added bonus of making it easier to peel.
- Chill hard boiled eggs in cold water immediately after cooking to prevent blue discolouration around the yolk.
- Hard boiled eggs are much easier to slice if they are cold. If you don't have an egg slicer, use a sharp, thin-bladed knife, dipping into cold water every few slices.
- Refrigerated as soon as they cool, boiled eggs will keep for up to 1 week.

Recipes

Porcini Mushroom Omelette

6g dry porcini mushrooms
2 eggs, beaten
2 tablespoons thickened cream
2 tablespoons chopped red onion

1. Place porcini mushrooms into a small bowl, pour over boiling water to just cover. Allow to hydrate for 5 minutes; drain and chop finely.
2. Combine all ingredients and mix well.
3. Pour evenly into the two, well greased poaching trays.
4. Cook as directed for savoury omelettes

Parmesan Omelette

2 eggs, beaten
2 tablespoons grated parmesan cheese
2 tablespoons cream, milk or water
2 tablespoons chopped red onion

1. Combine all ingredients and mix well.
2. Pour evenly into the two, well greased poaching trays.
3. Cook as directed for savoury omelettes.

Egg White Omelette

2 rashers short cut bacon, fat trimmed & chopped
3 medium button mushrooms, sliced
2 egg whites
2 tablespoons grated low fat cheddar
1 tablespoon chopped chives

1. Heat a non-stick frying pan over medium heat; add bacon and cook 1-2 minutes or until golden & crispy.
2. Add sliced mushrooms and cook 1-2 minutes or until softened. Remove from heat and cool slightly.
3. Beat egg whites until soft peaks form; fold through cheddar and chives.
4. Pour evenly into the two, well greased poaching trays.
5. Cook as directed for poaching.
6. Allow omelette to stand for 1 minute before removing lid.
7. Serve omelette topped with mushroom and bacon.

Eggs Benedict

3 egg yolks
1 tablespoon lemon juice
1 tablespoon water
125g butter, melted
Salt & pepper
4 eggs
2 English muffins, toasted
4 slices ham or bacon, grilled

1. Place egg yolks, lemon juice and water in a heatproof bowl over a saucepan of simmering water.
2. Whisk mixture until it thickens and is well combined.
3. Gradually add melted butter; whisking continuously until sauce is smooth and thick. Do not allow sauce to boil or it will separate.
4. Remove from heat and season to taste.
5. Poach eggs according to directions.
6. Top toasted muffin with grilled ham/bacon and poached egg.
7. Drizzle over warm hollandaise sauce.

Eggs Florentine

20g butter
1 clove garlic, chopped
150g baby spinach leaves
Squeeze of lemon juice
4 eggs
4 thick slices sourdough, toasted
Salt & pepper

1. Heat butter in a large frying pan over medium heat, add garlic and cook 1 minute.
2. Add spinach and cook until just wilted; add lemon juice.
3. Poach eggs according to directions.
4. Top toasted sourdough with wilted spinach and poached egg; season with salt and pepper.

Tuna Nicoise Salad

100g baby salad leaves
200g baby green beans, blanched
2 ripe medium tomatoes cut into wedges
3 medium Desiree potatoes, boiled & cut into thick chunks
2 tablespoons olive oil
2 tablespoons lemon juice
1 x 185g can Tuna Slices in Olive Oil
4 hardboiled eggs, quartered
½ cup pitted Kalamata olives
4 anchovies split lengthwise (optional)
Salt and pepper

1. Scatter salad leaves over a large serving platter.
2. Combine beans, tomatoes and potatoes in a mixing bowl. Whisk together olive oil and lemon juice and pour half the dressing over vegetables; toss until evenly coated.
3. Spoon onto serving platter and top with tuna slices, eggs, olives and anchovies.
4. Drizzle over remaining dressing and season with salt & pepper.

Caesar Salad

4 rashers bacon, chopped (optional)
2 eggs
1 small onion, chopped
¼ cup chopped fresh herbs, (parsley, basil, chives)
1 tablespoon Dijon mustard
3 anchovies chopped (optional)
100mls olive oil
1 tablespoon lemon juice
Salt & pepper
1 large Cos lettuce, roughly chopped
75g croutons
50g shaved parmesan

1. Heat a frying pan over medium heat, add bacon and cook 2-3 minutes or until bacon is golden and crispy. Remove and set aside.
2. Cook eggs according to directions to a soft boiled stage; remove and plunge into chilled water to arrest cooking.
3. Combine runny eggs, onion, herbs, mustard and anchovies in a food processor and process until mixed. With motor still running, slowly drizzle in olive oil. Mixture will thicken.
4. Stir in lemon juice and season to taste.
5. Mix together lettuce and half the croutons, parmesan and dressing. Place onto a serving platter.
6. Top with remaining croutons and parmesan and drizzle over remaining dressing.

‘Sunbeam’, is a registered trademark of Sunbeam Corporation.
Made in China. Due to minor changes in design or otherwise, the product may differ from the one shown in this leaflet. Backed by Sunbeam's 12 Month Replacement Guarantee and National Service Network.

© Copyright. SUNBEAM CORPORATION LIMITED 2005.
(INCORPORATED IN N.S.W.) A.C.N. 000 006 771

Sunbeam Corporation is a division of GUD Holdings Ltd.

For more information or advice on this or any other Sunbeam appliance, visit **www.sunbeam.com.au** or contact the Sunbeam Consumer Service Line.

Australia 1800 025 059
New Zealand 0800 786 232.

06/05

Notes

Consumer Hotline

Australia
1800 025 059

New Zealand
0800 786 232

www.sunbeam.com.au

is a registered Trademark of Sunbeam Corporation Limited. ACN 000 006 771.

© Sunbeam Corporation Limited 2005.